



Herb-Roasted Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



3

CALORIES



210 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 tablespoon parsley leaves fresh minced
- ☐ 0.5 tablespoon thyme leaves fresh minced
- ☐ 1 teaspoon garlic minced
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 0.3 cup olive oil good

- ☐ 2 onions red
- ☐ 1 onion yellow

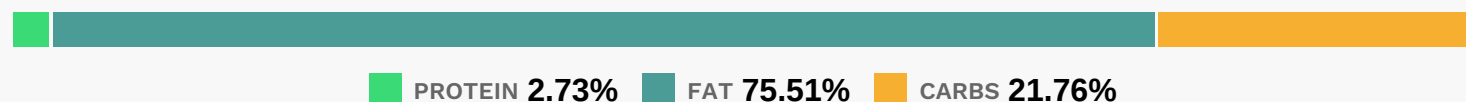
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ slotted spoon
- ☐ cutting board

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Remove the stem end of each onion and carefully slice off the brown part of the root end, leaving the root intact. Peel the onion. Stand each onion root end up on a cutting board and cut the onion in wedges through the root.
- ☐ Place the wedges in a bowl.
- ☐ For the dressing, combine the lemon juice, mustard, garlic, thyme, salt, and pepper in a large bowl. Slowly whisk in the olive oil.
- ☐ Pour the dressing over the onions and toss well.
- ☐ With a slotted spoon, transfer the onions to a sheet pan, reserving the vinaigrette that remains in the bowl.
- ☐ Bake the onions for 30 to 45 minutes, until tender and browned. Toss the onions once during cooking.
- ☐ Remove from the oven, and drizzle with the reserved dressing.
- ☐ Sprinkle with parsley, season to taste and serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:75, Glycemic Load:2.45, Inflammation Score:-8, Nutrition Score:5.588260959024%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 1.49mg, Apigenin: 1.49mg, Apigenin: 1.49mg, Apigenin: 1.49mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 22.39mg, Quercetin: 22.39mg, Quercetin: 22.39mg, Quercetin: 22.39mg

Nutrients (% of daily need)

Calories: 209.66kcal (10.48%), Fat: 18.23g (28.04%), Saturated Fat: 2.55g (15.92%), Carbohydrates: 11.82g (3.94%), Net Carbohydrates: 9.6g (3.49%), Sugar: 4.96g (5.51%), Cholesterol: 0mg (0%), Sodium: 605.24mg (26.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Vitamin K: 22.52µg (21.45%), Vitamin C: 15.08mg (18.28%), Vitamin E: 2.64mg (17.62%), Manganese: 0.21mg (10.53%), Fiber: 2.22g (8.88%), Vitamin B6: 0.16mg (7.76%), Folate: 24.61µg (6.15%), Potassium: 190.72mg (5.45%), Vitamin B1: 0.06mg (3.96%), Phosphorus: 37.92mg (3.79%), Magnesium: 15.15mg (3.79%), Iron: 0.65mg (3.61%), Calcium: 35.68mg (3.57%), Copper: 0.06mg (2.94%), Vitamin B2: 0.04mg (2.34%), Vitamin A: 116.57IU (2.33%), Selenium: 1.28µg (1.83%), Vitamin B5: 0.17mg (1.69%), Zinc: 0.25mg (1.64%)